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Delicious apple dessert just right for fall

By *Susie Iventosch*



Baked apples with raisins, nuts and spice. Photo
Susie Iventosch

Apples are especially wonderful this time of year with so many different varieties available in the markets. When baked with spices, they make an excellent fall dessert that is nice and light. We've made these with several different kinds of apples, and while I love Fuji apples for eating raw, they tend to fall apart when baked. The Braeburn, Honeycrisp or Gala apples all hold their shape really well and are also delicious raw or cooked. These can be served warm or at room temperature and a scoop of your favorite frozen yogurt or ice cream adds a nice touch!

Cooking Term of the Week

Ragout

Ragout is a French term and is a type of seasoned stew that's made with vegetables and small pieces of meat, fish or poultry. The term derives from the French verb "ragouter" which means to stimulate the appetite.

Baked Apples with Raisins, Nuts and Spice

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(Serves 6)

INGREDIENTS

6 apples (use good baking apples such as Gala, Braeburn or Honeycrisp)

1/2 cup raisins

1/2 cup walnuts and pecans coarsely chopped

1/2 cup brown sugar

1 tsp. cinnamon

1/4 tsp. cardamom

2 Tbsp. butter

1/4 cup water

Topping

4 Tbsp. butter

1/2 cup brown sugar

Tops from apples, chopped

1/2 cup coarsely chopped pecans and walnuts

Liquid from cooked apples

Vanilla or Caramel Praline ice cream or frozen yogurt

DIRECTIONS

Cut the tops off the apples and save for later. With a knife, coring tool or grapefruit spoon, scoop out the core leaving the very bottom of it in tact. Place apples right side up in a casserole dish.

Mix raisins, nuts, brown sugar and spices in a bowl. Fill the cavity of each apple with this mixture.

Place a small piece of butter on top of the filling in each apple. Pour water in the bottom of the pan around the apples and cover with foil. Bake at 350 F for 30 minutes and then remove foil. Continue to bake, uncovered, for another 10 minutes or until a knife easily pierces the apple, but the apple is not mushy. Remove apples from oven and reserve liquid for the sauce.

Meanwhile, melt butter in a skillet over medium low heat and stir in brown sugar. Add cooking liquid from apples and bring to a boil. Reduce heat and simmer until volume is reduced by half and sauce becomes syrupy. Add nuts.

To serve, place a scoop of ice cream or yogurt over apple and drizzle sauce over all.

Reach the reporter at: suziven@gmail.com

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